

Information Bulletin for Parents and Carers Friday 31st March



St. Wilfrid's
R.C. College

Excellence through Faith, Learning and Support

This term, as usual, has flown by and we thank you for your continued support.

As we approach the end of Lent, we look forward to our most important Feast of the year, celebrating the Resurrection of Jesus.

May the light of Christ, who is our peace and salvation, be always with you and your families.

We hope everyone has a restful, prayerful Easter.

Faith:



Throughout Lent we will be sharing the Youth Ministry Team's 'Wait a minute, it's Lent' videos with our students. If you would like to watch the videos as part of your faith journey this Lent, you may access them here: https://www.youtube.com/playlist?list=PL_whhZ8gzYZ2dRYstN34mfbtaJOuOdgWL

Lord, we thank you for all that we have done this term. We thank you for everyone who has worked hard to help us. We ask forgiveness for the times we have not valued the opportunities we have been given or when we have not lived according to our Christian values. Lord, help us to enjoy our break and celebrate Easter in the best way we can. Let us come back refreshed and ready for the final term. Amen.

Learning:

Students of the Week

The following students have been awarded 'Students of the Week'.

Headteacher's Award: Kaisan Kamruzzaman 8MC1

Tutor Group of the Week: 7C1

Aidan: Sienna Jary 7A1 and Ben Wilson 11A1

Bede: Thomas Blair 8B2 and Gabrielle Reid 8B2

Cuthbert: Eunice Owoso 7C1 and Maddie Hart 11C1

Hilda: Martha Mullen 7H1 and Sebastian Wardropper 11H2

Margaret Clitherow: Adiba Kamruzzaman 9MC2 and Alex Lipski 10MC2

Congratulations to you all, we are incredibly proud of you.

Spring Concert

Participating students will need to return their reply slips to Mrs Tolan by Friday 21 April.

St Wilfrid's RC College

SPRING CONCERT

Join us for an evening of music performed by junior choir, senior choir, orchestra and talented soloists.

FREE ENTRY
FREE ENTRY
FREE ENTRY

THURSDAY 27th APRIL	LIVE MUSIC + REFRESHMENTS
TICKETS ARE FREE AVAILABLE AT RECEPTION	6 PM

REFRESHMENTS SERVED FROM 5:30

Support:

Vaping and E-cigarettes: The facts for parents and carers

This information is to support parents and carers to have conversations with their children about vaping.

WHAT IS VAPING?

Vaping is the use of an electronic device to inhale vapour derived from a heated liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which must be no more than 2% or 20mg per ml, as well as small amounts of flavourings and sweeteners.

SMOKING VS VAPING

Smoking is much more harmful than vaping. Tobacco smoke contains carbon monoxide and tar, a sticky soup of toxic chemicals, many of which are known to be carcinogenic, causing disease, disability and early death.

HOWEVER, VAPES ARE NOT HARMLESS

Short-term effects can include:

- coughing
- headaches
- dizziness, and
- sore throats.

Long-term effects are, as yet, unknown

WHAT ARE THE CONCERNS WITH VAPING AND CHILDREN AND YOUNG PEOPLE?

Most children and young people don't vape or smoke. However, in 2022 the number of 11-17-year-olds in Great Britain currently using vapes rose to 7% compared to 4% in 2020. Whilst this increase is concerning, it is important to note that most vaping is experimental, with regular vaping mainly confined to children who currently smoke or have done in the past.

The increase in youth vaping has coincided with the arrival on the UK market of a new category of cheap and attractive disposable vapes that have proven particularly popular with children and young people and have been promoted extensively on social media. We are working hard nationally and locally to address these issues.

HOW DO VAPES HELP SMOKERS QUIT?

Like nicotine patches and gum, vapes containing nicotine are a useful aid to quitting as they deal with the cravings smokers get when they try to stop. Nicotine vapes are proven effective and have become the most popular quitting aid for smokers in recent years. However, vapes are not recommended for non-smokers, particularly children.

THE LAW AND VAPING

Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf.

If you know of anyone who does sell vapes or tobacco illegally, you can report them to trading standards through the Citizens Advice online portal: citizensadvice.org.uk/consumer

Advertising of all tobacco products is illegal, but if you see advertising for vapes that you feel is trying to encourage children and young people to try vaping, you can report it to the Advertising Standards Authority: asa.org.uk

For more information about vapes and stopping smoking, visit freshquit.co.uk

Children and Young people can find out more information on vaping on the FRANK website: talktofrank.com/drug/vapes

Or read the ASH Briefing: ash.org.uk/uploads/ASH-brieffor-local-authorities-on-youthvaping.pdf

HAVING CONVERSATIONS WITH YOUR CHILD ABOUT VAPING?

1. Find the right moment: when you see someone vaping, walk past a vape shop or see advertisements.
2. Ask questions: what do they think about vaping? Do they know people who vape? Why do they think people vape?
3. Listen to them: learn from them, but also use your knowledge to help them understand the facts and that vapes are not harmless.
4. Talk about your expectations: explain your concerns and tell them why you don't want them to vape or smoke and to make clear that although neither are recommended, smoking is the far greater risk.
5. Let them know that you care about them: explain that those who knowingly sell vapes to under 18s don't care who they sell to and they are just interested in making money.
6. Talk about the different reasons why children may vape: give examples such as wanting to fit in, curiosity, stress. Talk through effective ways to respond if they ever feel pressured to try it and practise responding together.
7. If your child is vaping: try to understand why they are vaping by asking questions like "What do you enjoy about vaping?" Or "How does vaping make you feel?". Understanding this might help you to understand their needs and discuss other ways to meet those needs.

Safeguarding

Our safeguarding policy can be found here: [Safeguarding-Policy-1.pdf \(st-wilfrids.org\)](#)

Posters indicating our Designated Safeguarding Leads are located in all classrooms and offices; students may access a Designated Safeguarding Lead throughout the school day.

Keeping children safe
in education.

DESIGNATED SAFEGUARDING LEADS



St. Wilfrid's
R.C. College



Mr Logan
Designated
Safeguarding Lead



Mr Price
Deputy Designated
Safeguarding Lead



Mrs Ritchie
Deputy Designated
Safeguarding Lead



Mrs Craik
Deputy Designated
Safeguarding Lead



Mrs Forster
Deputy Designated
Safeguarding Lead

SAFEGUARDING IS EVERYBODY'S RESPONSIBILITY

Excellence through faith, learning and support.

Key dates / upcoming events:

- **Monday 17 April:** 8.40am Return to school (Week 1)

Sixth Form

Year 12 Employability Week

Employability Week gives Year 12 students the opportunity of completing one week in the world of work. This will take place from Monday 12th June to Friday 16th June 2023.

All pupils are expected to return completed Personal Placement forms from employers offering Work Experience by Friday 21st April

All pupils should have contacted the employers by telephone to confirm the arrangements for their placement by Friday 12th May.